

RATING YOUR DIABETES RISK (within the next 10 years*)

< 7 points 1 %*

You are hardly at risk. Special precaution or prevention is not necessary in your case. Nevertheless, it is beneficial to eat healthy food and have adequate physical activity.

7 - 11 points 4 %*

Your risk for becoming a diabetic is only slightly increased. To be on the safe side, please follow these rules:

- If you are overweight you should try to reduce your body weight by 5 -7%.
- Be physical active 30 minutes on at least 5 days a week so that you slightly sweat.
- Fat should contribute a maximum of 30% of your total energy intake.
- The proportion of saturated fat (predominantly in animal fat) should not exceed 10% of your energy intake.
- Consume 30 grams of fibres (e.g. in whole-grain products, vegetables, fruit) per day.

12 - 14 points 17 %*

If you have scored in this risk group, you must not postpone preventive measures in any case. Tips from experts and instructions for changing lifestyle, which you can implement yourself, is of help. Seek for professional support if you realize that you will not succeed this way.

15 - 20 points 33 %*

Your risk is substantial. One third of all individuals with this score will become a diabetic within the next 10 years. To underestimate the situation might have serious consequences. Ideally, you should seek for professional support. Let your pharmacist check your blood sugar level and visit your GP for a health check-up.

> 20 points 50 %*

There is acute need for taking action because it is possible that you already have diabetes. This is the case for about 35% of all individuals with a score above 20. A simple plasma glucose test – e.g. in your pharmacy - might be helpful for additional information. However, this does not replace an extensive laboratory test to exclude an already manifest diabetes. Therefore, you should immediately ask for an appointment with your GP.

*Risk in percent = e.g. 4% indicates that 4 out of 100 individuals with this score can contract type 2 diabetes within the next 10 years.

HOW TO REDUCE YOUR RISK

Even small changes in lifestyle will support your health

Eat and drink healthier

More vegetables & fruits	With each meal you should consume a lot of vegetables, fruits or salad.
Low fat food	Choose the low fat option of dairy and cheese products. Eat moderately low fat sausages and meat. You should have fish at least once a week.
Low fat cooking	By using pans with non-stick coating you can reduce fat for frying considerably. Generally, rapeseed oil (for frying) and olive oil (for salads) should replace solid fats in the kitchen.
Healthy snacks	Fast food and convenience food contain many calories. Abstain from it. Nature offers delicious snacks like carrots, apples and nuts.
Healthy drinks	Avoid sugary drinks. Instead, satisfy your thirst with mineral water, diluted fruit juices and herbal teas.

More physical activity in daily life

Take the time	Be physically active 30 to 60 minutes daily. Choose activities, which you can well integrate into your daily life.
Use your way to work for physical activity	For example waiting at the bus stop: Contract your gluteal and abdominal musculature alternatively. Then seesaw on your toe tips up and down. Probably there is even enough time to walk to the next bus stop.
Give way for bicycle	For shopping nearby use your bicycle. Put it in a the place where you can use it anytime and keep it in good function.
Support through group dynamics	If you enjoy being physically active in a group - take advantage of that. Fixed training times and nice company help to stay active also in times when the motivation is low.
Choose the right intensity	Choose activities with low to moderate intensity. For example Nordic Walking is ideal. If you are sweating slightly and can still talk while being active, the intensity is just right.

Maintain activity in the long run

Set realistic goals	Goals that are not achievable make you feel bad and are discouraging.
Introduce action days	One to three times a year you should put things right and clean up radically. This should include your fridge as well as the basement and the living room. By changing you routines that way you can regain power and energy for all other areas of life.
Outwit yourself	Only measures that are easy to implement are likely to persist in daily life. For example sports shoes: If you place them ready to hand in your corridor, you will also use them more often. The same is true for the food in your fridge: Place healthy food in the front row because then you will pick them first.

For more information, please visit:
www.GiftofSight.info

